



Freeing the creative spirit

Facilitated by Amanda Hansen

The art therapy studio is located within the grounds of Royal Talbot. Filled with natural light and colour it provides a warm and stimulating environment for you to explore and express yourself. In this 5 hr workshop Amanda will guide you through a series of liberating exercises. Liberating your innate creativity and suspending your 'inner critic'. You will discover the health giving benefits of creative self expression through art. A variety of art materials will be available for use including: paint, pastel, charcoal, clay, found objects etc. This workshop is suitable for anyone. It can be used for personal development, stress management and as introduction to art therapy.

Participants who enjoy the workshop will be given the opportunity to join a small group that meets weekly over five weeks. No prior art experience necessary.

For enquiries and booking call Amanda on 0412 536 025

When: Sunday 29 August 2010

10am - 4pm

(Bring a plate of food to share for lunch)

Where: The Art Therapy Studio,
Royal Talbot Rehabilitation Centre
1 Yarra Boulevard, Kew 3101.
(Melway Ref: 45 A1)

Cost: \$95 (Includes all art materials)